



Beer Battered Fish and Roasted Fries

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

Ingredients

- 12 ounce beer
- 0.3 teaspoon pepper black
- 2 tablespoons canola oil
- 2 teaspoons canola oil
- 1.5 pounds filets
- 1.3 cups flour all-purpose
- 0.3 cup garlic powder
- 1 optional: lemon cut into wedges

- 1 orange zest
- 1 teaspoon paprika
- 0.3 cup pepper
- 0.5 teaspoon salt for sprinkling after frying, optional
- 1 cup salt
- 1 teaspoon sea salt
- 4 medium sweet potatoes french cut into fry strips

Equipment

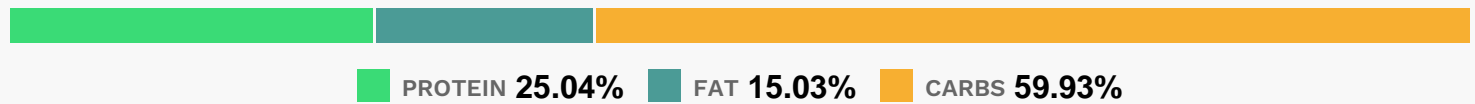
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- tongs

Directions

- For the fries: Preheat the oven to 400 degrees F.
- Place the potatoes in a medium bowl.
- Whisk together the canola oil, paprika, salt, pepper and orange zest and toss with the potatoes to evenly coat.
- Place the potatoes in a single layer on a parchment-lined baking sheet and roast until the potatoes are tender and starting to brown, 40 to 45 minutes.
- Turn the oven up to 450 degrees F and continue roasting until the potatoes get crispy around the edges, 5 minutes longer. Reduce the oven temperature to 200 degrees F and hold the potatoes in the oven to keep warm while cooking the fish.
- Pour the beer into a large bowl. Sift the flour over, whisking in gently until just combined. Pat the fish dry, sprinkle on both sides with the House Seasoning and coat the fish in the beer batter.

- Heat the oil in a large nonstick skillet until very, very hot.
- Remove the fish from the batter using tongs and allow the excess batter to drip off.
- Place into the hot oil and fry in batches until deep golden and cooked through, turning once, about 2 minutes per side.
- Transfer to a paper towel-lined baking sheet and keep warm in the oven. While the fish is still hot, sprinkle with the salt, if using, and drizzle with fresh lemon juice.
- Mix together the salt, garlic powder and pepper until well combined.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:32.01, Inflammation Score:-10, Nutrition Score:31.933043645776%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 460.45kcal (23.02%), Fat: 7.59g (11.67%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 68.08g (22.69%), Net Carbohydrates: 58.63g (21.32%), Sugar: 7.16g (7.95%), Cholesterol: 48.76mg (16.25%), Sodium: 19599.04mg (852.13%), Alcohol: 2.21g (100%), Alcohol %: 0.63% (100%), Protein: 28.45g (56.9%), Vitamin A: 21651.36IU (433.03%), Manganese: 2.01mg (100.65%), Selenium: 50.61µg (72.3%), Vitamin B6: 0.85mg (42.36%), Phosphorus: 397.94mg (39.79%), Fiber: 9.46g (37.83%), Potassium: 1309.67mg (37.42%), Vitamin B1: 0.48mg (31.69%), Magnesium: 110.65mg (27.66%), Vitamin B3: 5.27mg (26.34%), Copper: 0.51mg (25.51%), Iron: 4.45mg (24.73%), Vitamin K: 23.76µg (22.63%), Folate: 84.64µg (21.16%), Vitamin C: 17.13mg (20.77%), Vitamin B2: 0.35mg (20.57%), Vitamin B5: 1.78mg (17.81%), Vitamin B12: 1.04µg (17.39%), Vitamin E: 2.48mg (16.54%), Calcium: 142.05mg (14.2%), Zinc: 1.64mg (10.96%), Vitamin D: 1.02µg (6.8%)